NONAPPROPRIATED FUND HUMAN RESOURCES CENTER

A Quarterly Informational Brief for Nonappropriated Fund Employees

Message from the Chief:

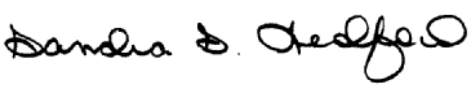
Spring has finally sprung and I send you greetings from myself and the staff of the Nonappropriated Funds Human Resources Office.

Our newsletter will be sent electronically to you once a quarter. It is our hope that this Informational Brief will help keep you aware of what's going on in the Nonappropriated as well as the Appropriated sectors. Please forward to your staff members as you deem appropriate.

We welcome your comments and ideas. You are also encouraged to submit articles of interests such as: upcoming events, facility news, personal events, etc. To submit your input, please call 6-8933 or email Jo Epps at jo.epps@us.army.mil no later than the 18th of each month.

I would like to remind you that your Human Resources Assistant makes periodic visits to your facility. During that visit, you may address any questions or concerns you may have in reference to Human Resources. If you require additional information, you may set up an appointment at that time.

We hope you find your newsletter helpful and informative.



Sandra Ledford

NAF Human Resources Officer

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What's Happening this Month?

- **New NAF HRC Website**
- **2005 Tax Deadline**
- **Retirement – Are you Ready?**
- **New Managers/Supervisors**
- **Resumix News**
- **Advice from NAF HR Staff**
- **Month of Military Child**
- **National Military Month**
- **What's Going On**
- **Health Corner**
- **Quarterly Inspirational Saying**

In every Issue . . .

- Advice from NAF HR Staff

SANDRA LEDFORD
NAF Human Resources Officer

Nonappropriated Fund Human Resources Center
ATTN: PECP-SCR-N/NAF
Fort Bragg, NC 28310-5000

Check Out Our New Website

NAF Human Resources has creat a new *tool* to enhanc customer service. The website contains information such as job vacancies for MWR positions, current pay schedules, employee benefits and other essential information. Visit us at www.bragg.army.mil /NAFHRC.

We welcome your comments and suggestions.

TIME IS RUNNING OUT!

If you have not filed your 2005 federal income taxes, you still have a few more days. Visit the Fort Bragg Tax Center located on the corner of Macomb and Armistead Streets in the basement of Bldg. 2-1133. The number is 396-1040 or 396-TAXX.

The service is available to active duty service members, to include Reservists and National Guardsmen on active duty orders for more than 29 days. Family members, and retirees are encouraged to take advantage of the Tax Center.

Assistance is provided on a walk-in basis. In order to

(1) Arrive at the Tax Center no later than one hour prior to closing.

(2) Bring your W-2 forms, which can be down-loaded from the DFAS MyPay website at https://mypay.dfas.mil. A copy of an LES **cannot** be used.

(3) Bring your military/ dependent ID card.

(4) Bring Power of Attorney if filing for another person or filing married/ jointly without your spouse present and any tax forms they have received in the mail.

(5) If you would like to get your refund faster by direct deposit, please bring a cancelled check.

The Tax Center will be opened until midnight on April 14th and 15th .

REMEMBER – If you are a solider, retiree or dependent, and you are paying someone to file your taxes, chances are you are paying too much. File with Fort Bragg Tax Center – ***File for Free!***

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Did You Know . . . ?

By 2005, 50% of the federal workforce will be eligible for retirement.

The US Army NAF Employee Retirement Plan was established on 1 January 1966. It is designed to give retirement income benefits to NAF civilian employees, and is for that purpose only. These retirement benefits when combined with social security benefits, give retired or disabled NAF employees, or their eligible survivor(s), a degre security.

Retirement Plan Participation

Participation in the plan is mandatory for the first six (6) months for employees hired on or after **January 1, 2001**.

If you have not joined the retirement plan and wish to do so, please contact your HR Assistant for information on enrolling in the plan.

Welcom

Ruby Bonapart
Manager-Airborne Lanes

RESUMIX NEWS

If you have a resume in Resumix, your resume will be purged if you have not self-nominated in the past twelve months.

To avoid recreating your resume, please self-nominate for an Army vacancy on a yearly basis.

To self-nominate, you may utilize computers at the worksite or in the Civilian Personnel Advisory Center located at 2-1414 Jackson Street.

RESUMIX CLASSES

Having problems building your resume online? CPO offers Resumix classes each

The U.S. Postal Service is offering free packing materials to spouses & families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734/Press 1 for English & then 3 for an operator. They will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.

Advice from HR Staff

If you are a current NAF employee and changing your direct deposit, please wait at least two (2) pay periods before closing out your old account.

REMINDER: You can join the Retirement Plan and enroll in the 401(k) Plan any time. Call your HR Assistant for more details.

APRIL
Month of the Military Child

In February 1986, Secretary of Defense Caspar Wein-berger established April as the Month of the Military Child, underscoring the importance of military children and their role in military families.

During this month the nation will celebrate unique lifestyles of our military youth.

Department of Defense officials have joined forces with national agencies to help Guard and Reserve families in finding affordable subsidized child care while a parent is deployed supporting the war on terrorism.

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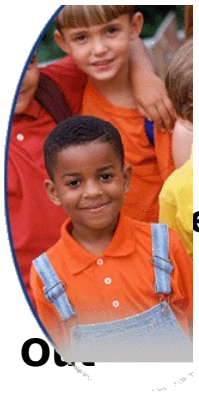
APRIL
Month of the Military Child
(Cont'd)

To take part in the program, a family member can apply by calling *toll-free at (800) 424-2246.* The child-care provider must also apply.



The NAF Human Resources Office Reaches Out to the Community:

On Wednesday, April 13, 2005, the NAF Human Resources Office will host a Job Information Session with students from Eastern Carolina School for the Deaf. Students will go through the application process in preparation for obtaining employment.

Students will range from the ages of 10-18. An interpreter will be present.

NATIONAL MILITARY APPRECIATION MONTH

As a nation, we observe and participate in various national cultural and social awareness events through mass media attention and educational curriculum. However, we have not allocated appropriate recognition of the most important presence in the world today, an entity that impacts each and every American in a significant way, the Armed Forces of the United States of America.

National Military Appreciation Month (NMAM), as designed by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve encouraging patriotism and love for America – a "reconnecting the Family of America."

National Military Appreciation Month (May) includes VE Day, Military Spouse Day, Loyalty Day, Armed Forces Day/Week, National Day of Prayer, and Memorial Day. This very important month, therefore; honors those Americans who have given their lives in defense of our nation's freedom and the men and women now serving in uniform.

It recognizes those on active duty in all branches of the services, the National Guard and Reserves plus retirees, veterans, and all of their families – well over 80 million Americans and more than 227 years of our nation's history. Let us celebrate the other important entities that make up this wonderful country of ours.

What's Going on Around Fort Bragg?

April 12, 19 & 26
2:00 pm – 6:00 pm
Rodriguez SAS & Wonderful World of Kids will offer free day or after school care for Kindergarten-4th graders. Space limited, reservations required – 396-4481.

April 23
10:00 am – 4:00 pm
Children's Fest
Fort Bragg Fairgrounds

April 15-22
National Volunteer Week 2005
For more details Call Installation Volunteer Services at 396-8160

April 15
11:30 am – 2:00 pm (Friday)
11:30 am – 2:00 pm (Saturday)
AAFES Spring Fling Tent Sale
Jeffrey Smith will perform and sign his CD's

May 13-15
2005 Post Tennis Tournament
Officers' Club Tennis Courts
Participants: Active duty military and their family members ages 18 and older; military retirees and their family members ages 18 and older (with ID cards); DOD Civilians; and reservists.

Entries must be submitted NLT 1200, May 11, 2005 to the Sports Office, Bldg. 8-2105, Knox Street. Entries may be faxed to 396-1216. POC 396-1217.

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HEALTH CORNER

With spring in the air and summer quickly approaching, many of us are looking for ways to eat healthy and tighten our waistline. The following article on Prevention.com addresses this issue and gives helpful advice on reducing stress.

Calm down – without sacrificing your figure

Eat to Beat Stress

A stressful day could send anyone on the hunt for chocolate, but if you re-gularly reach for ice cream, cookies, or cake when you're upset or tense, it may have nothing to do with a lack of willpower.

For you, carbohydrates may stimulate an especially powerful release of pleasure-producing hormones in your body. Like a nicotine addiction, such a compulsion is tough to break – but not impossible. Surprisingly, food can help you do it.

Sweet-but-nutritious complex carbohydrates such as the foods listed below have the same calming effect.

However, they're less harmful to your waistline, because they have fewer calories than the candy bars or other calorie-rich foods you might normally seek, says Leigh Gibson, PhD, senior research fellow at University College London who has studied this phenomenon.

You'll also be less likely to overeat throughout the rest of the day if you treat your choice like a meal instead of a mindless snack. Find a place away from your office or away from whoever is upsetting you. Then sit down, and slowly enjoy your food.

Foods to Fight Emotional Eating

- Tomato Soup
- Oatmeal
- Whole wheat toast w/jam
- Multi-grain waffle w/light syrup
- Fresh fruit or canned light
- Sweet potato, or baked potato w/light sour cream and chives
- Lightly sweetened whole grain cereals such as Multi-Grain Cheerios

Smart ways to live well
Prevention.com

QUARTERLY INSPIRATION

How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success?

- **Elbert Hubbard**

We welcome your ideas and comments. Email to jo.epps@us.army.mil.